



StayWell@Work

# Monthly Strides

## Taking strides to better your health

### June Issue Includes

- Home Safety Month
- Sun Safety Week (June 6-12)
- National HIV Testing Day (June 27)

### Home Safety Month

Take time this month to go over potential safety risks in your home. Be sure to test all smoke and carbon monoxide detectors. Install working fire extinguishers on every floor. If you have children in your home, go over a fire safety plan with them. Here are some other home safety tips:

- Check electrical cords for damage and make sure you don't have too many cords plugged into one outlet.
- Make sure all dangerous household chemicals are put away and safely contained.
- Perform other household safety checks throughout the year to ensure the safety of your family and your home.

### Visit StayWell Online at

<https://delaware.online.staywell.com> and type "home safety" in the search box to learn more.

### Source:

[www.aids.gov](http://www.aids.gov)

Did you know that even on a cloudy day you can get a sunburn? It's important to protect yourself from the sun's rays all year long regardless of the weather outside. The sun's UV rays can also cause wrinkles, eye problems and skin spots. Try these tips year round to protect yourself from the sun's harmful rays:

- Avoid the sun between 10 a.m. and 4 p.m. when rays are the strongest.
- Always use sunscreen with at least an SPF of 15.
- Wear protective clothing including a hat and sunglasses.
- Avoid sun lamps and tanning beds.

Visit StayWell Online at <https://delaware.online.staywell.com> and type "sun" in the search box to learn more.



### National HIV Testing Day

The CDC estimates that 1.2 million Americans are currently living with HIV/AIDS. Each year in the United States, 56,300 people will become infected with HIV. It is recommended that all Americans, aged 16-34, be tested for HIV during your annual exam. This is even more important if you have had unprotected sexual contact, multiple sexual partners, another STI or used injection drugs.

Visit StayWell Online at <https://delaware.online.staywell.com> and type "HIV" or "AIDS" in the search box to learn more.

